

# Sisters for Yah

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## The most difficult job in the world

When you think about all of the jobs out there, what comes to mind as the most difficult? “Parenting, of course!” most parents would unanimously say. We’d have to agree. Yahweh would probably sympathize also, since He, too, is a parent to us as Believers. Throughout Scripture, Yahweh expressed His frustration with His people, just like human parents express their frustration with their children.

Disciplining their children can be a struggle for many parents. It is painful sometimes to keep your children on the straight and narrow path. Indeed, even Yahweh talks about disciplining us. In Proverbs 3:12 (NLT), we read, “Yahweh corrects those He loves, just as father corrects a child in whom he delights.”

Of course discipline is never enjoyable while you are going through it, but it serves a greater purpose in the long run. See Hebrews 12:11, which confirms this idea. Parents must try their hardest to discipline with mercy, wisdom, and love. No one will ever glide through parenthood. Everyone will make many mistakes along the way. Keep the following points in mind:



1. Be strict, but lavish your children with love and attention.
2. Never be “too tired” to spend time with their children. One of the biggest complaints from grown children is that their parents didn't spend enough time with them when they were younger.
3. Make meal time special. Don't eat in front of the television.
4. Never punish while you are angry. If necessary, go for a calming walk to clear your head. Lashing out in anger is never okay. Harsh words and actions can scar a child for life.
5. Enjoy deep fellowship with your children. This is more than just spending time together. This is about finding out the things that are really important to your child. The sad thing is that many parents don't even know their child's favorite color!
6. Most of all, make Yahweh your partner in parenting! Pray to Him daily for guidance. Remember, He is *your* Parent.

## *From the Scriptures: Minimizing Conflict*

We all know that some conflict is inevitable, but what does Scripture say about it?

In Proverbs 26:17 (NLT used throughout), we find some interesting information, “Yanking a dog’s ears is as foolish as interfering in someone else’s argument.” Have you ever been in the middle of an argument between two people and could see both sides of the issue while the two arguers could not? Be careful! Stepping in to mediate could backfire.

In Roman’s 12:18, we see that we are to do our part to live in peace with everyone, as much as possible. This really does mean everyone, not just between people who share the same beliefs. We are Yahweh’s ambassadors and are expected to set the right example to the world. What a bad reflection on Yahweh it is when Believers act in unrighteous ways!

Check out Ephesians 4:3, which reads, “Always keep yourself united in the Holy Spirit, and bind yourselves together with peace.”

And finally read Matthew 5:9 which tells us, “Yahweh blesses those who work for peace, for they will be called the children of Yahweh.”



## **Anything to confess?**

Growing up in the Catholic church, going to “confession” was regularly expected. Does the Bible really say anything about confession. If so, what is our responsibility regarding it? The Bible does, in fact, mention confession. But it is not going into a “closet-like” room in a large church while a priest listens to you pour your heart out, and then prescribes certain rituals to absolve you of your confessed sins. We are to confess our sins to Yahweh directly and He will forgive us. In Psalm 38:18, we read, “But I confess my sins; I am deeply sorry for what I have done.” And again in Psalm 51:3-6,17 “For I recognize my shameful deeds—they haunt me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight...But you desire honesty from the heart, so you can teach me to be wise in my utmost being. The sacrifice that you want is a broken spirit. A broken and repentant heart, O Yahweh, you will not despise.” These are the real ingredients of a confession to Yahweh — sorrow for sin, humility before Yahweh, seeking Yahweh and His forgiveness, turning to Yahweh in Prayer, and turning away from sin.



In closing, read 1 John 1:9: “If we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong.”

## Frugal Grocery Shopping!

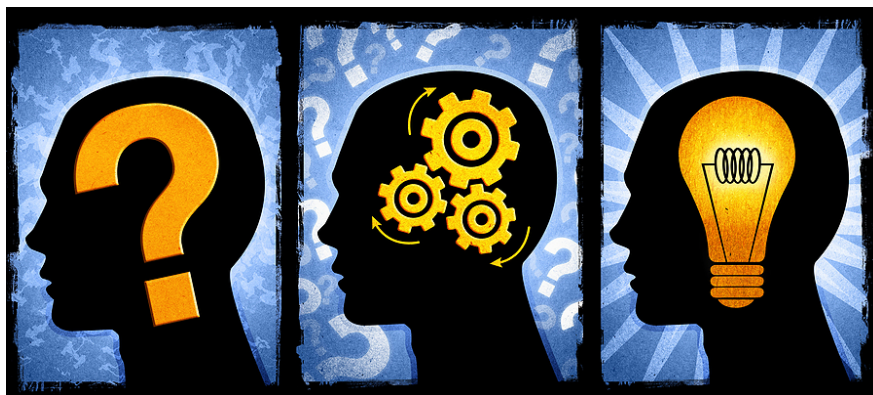
1. Never shop on an empty stomach. You'll be more likely to toss things in your cart that are higher priced and less nutritious.
2. Sit down and plan at least a week's worth of meals and stick to your list.
3. Don't automatically assume that name brands are better. In many blind taste tests between name brands and generic, most testers actually chose the generic!
4. Use coupons on popular name brands only if the final cost would be less than buying other brands.
5. The least expensive foods nowadays are dried beans, rice, eggs, grains, and poultry. These are worth buying in bulk. Go sparingly with dairy and beef as they are the most expensive.
6. Avoid buying packaged snacks and stick to fresh fruits instead. Fruits may cost a bit more, but they are so much healthier. Packaged snacks are loaded with sodium and sugar.
7. Most of all, as a family, be committed to living a more frugal life.



## Problem-solving Tips

**Easy corn silk removal**—corn is great, but getting the silk off can be a pain. Try this: twist a rubber band and place it between your thumb and index finger. Rub down the ear of corn to get most off the silk off quickly.

**Hate cleaning oven racks?** Give this a try: soak them in the bathtub. Add a generous amount of automatic dishwasher detergent. Let soak about 3 hours, then scrub with a brush. Also try a scrub pad for stubborn grime and grease.



**Purse theft is on the rise!** Next time you go shopping, don't make the mistake of leaving your purse in the shopping cart's child seat. But if you must, thread the safety belt through the handles and latch. Thieves depend on speed, and if you make it too hard for them to easily snatch your purse, they will move on to an easier target.

**Don't waste money on expensive shave creams!** Just use a cheap hair conditioner. You'll be amazed at how well it works and will cost you a fraction of the cost of shaving cream.

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## Steamy Autumn Crockpot Punch

In your crock pot, add 8 cups cranberry juice, 4 cups pineapple juice, 3 cinnamon sticks, and 12-15 cloves. Heat on low setting for at least an hour. Strain out cloves and cinnamon sticks. Can serve with additional cinnamon sticks as a garnish.



## Comforting Fall Recipes

Try this fragrant recipe for **Sweet Roasted Acorn Squash**. Your whole house will smell lovely!

2 acorn squashes, sliced in half, seeds removed  
4 T. butter  
4 T. dark brown sugar  
1 t. nutmeg  
Salt  
2 T. raw cane sugar

Preheat oven to 450 degrees. Assemble acorn squash on baking sheet. Place 1 T. butter and 4 T. brown sugar in each half. Add 1/4 t. of nutmeg in each and season with salt. Bake until golden and tender about an hour and 15 minutes, basting flesh of squash several times. Twenty minutes before squash is done, sprinkle edges with raw sugar. Serve warm.



### Super Easy Ginger Pumpkin Soup

In skillet, melt 3 T. butter and sauté one diced onion and one diced apple until very tender. Transfer to small soup pot. Add 3 cups chicken broth, 2 cups canned pumpkin, 1 cup light cream, 1 t. fresh minced ginger, and 1/2 t. salt. Heat through. Very carefully, puree in small amounts in blender. Enjoy!